



Marijuana and Your Baby



Marijuana is legal in Michigan, but that does not mean it is always safe. **There is no safe level of THC, the main chemical in marijuana, during pregnancy or breastfeeding**, so it is best to stop consuming marijuana during these times. Read the facts about THC and the effects marijuana may have on baby below. If you need support, talk to your doctor (or our WIC staff!) to discuss a plan for quitting.

Effects of Marijuana on Pregnancy

THC passes through the placenta to your baby. When you use marijuana, your baby is at risk for harm.

- It decreases oxygen and nutrients, which affect your baby's growth.
- It puts your baby at risk for premature birth and low birth weight.
- It can cause behavior issues, learning problems, and short-term memory as they grow.

Marijuana and Breastfeeding

Breastfeeding has many health benefits for both baby and mom. But if THC in marijuana gets into breastmilk it may harm your baby.

- THC is stored in body fat and stays in your body for a long time. Because your baby's brain and body are made up of a lot of fat, they store THC for a long time.
- Because THC stays in your body for a long time, "pumping and dumping" your breastmilk after using marijuana does not work the same way it does with alcohol.

Use Project FRESH Coupons by October 31st!

WIC clients who received Project FRESH coupon books can spend their coupons at participating local farmers markets and roadside stands until October 31, 2023. Project FRESH coupons can only be used to purchase locally grown, unprepared, fresh fruits and vegetables. Fall produce is eligible to purchase with Project FRESH coupons, but jack-o-lantern pumpkins are not eligible. The Brighton Farmers Market is currently accepting Project FRESH coupons.



Help us improve the health of OUR community!

Trinity Health Livingston Hospital and LCHD are asking for your feedback to better understand the health and social needs of Livingston County.

The survey is anonymous and takes 10-15 minutes to complete.

Take the survey for a chance to win a \$50 Visa gift card: bit.ly/LivingstonCHNA23

Scan the
QR code!



No pillows, blankets or toys



Is your baby's sleep area safe?

Are you looking for infant safe sleep tips or resources?

We can help!

Call our office today:
517-546-5459



Tips to Help Your Picky Eater!



Good nutrition is important for young children to help them grow healthy and strong. But children may not like every food you give them on the first try. Give them a chance to try foods again and again, even if they don't like them at first. Children may need to try some foods many times, and in different ways, before they learn to like them.

These playful activities that can help make trying new foods fun!

- **Eye Spy:** Keep fruits and vegetables someplace where your child can see them, as a reminder for a healthy snack.
- **Five Senses:** Ask them how the new food looks, feels, smells, sounds, and tastes.
- **Funny Face:** Arrange fruits and veggies into a face. It might help your child get excited to eat it.
- **Rainbow Fun:** Offer a rainbow of colors with different fruits and vegetables for meals.
- **Fun with Color:** Serve water instead of sugary drinks. Add fruit, like berries, or lemon or lime slices, for a little flavor and color in their water.
- **Tiny Chef:** Involve kids in the preparation of their snacks and meals. Let them wash and sort the fruits and vegetables.

Breastfeeding Peer Counselor



Jennifer Kaiser

Email: jkaiser@livgov.com

Call or text: 517-375-0554

- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving, and support

Contact Us

WIC staff are available to assist you and answer your questions. For after hours emergencies, call 911.

Main Line:

517-546-5459

Website:

www.LCHD.org

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